

Testimony in Favor of HB 1149: “AN ACT relative to abolishing daylight saving time.”

Rep. Timothy Horrigan; (Strafford 10); February 4, 2026

House Executive Departments & Administration Committee

I was born on either October 3 or 4, 1956 in South Bend, Indiana, which is about 75 miles east of Chicago. I ended up having two different birthdays because of a complicated and long-running political dispute over Indiana's time zones: extremely long-running, dating back over a century. I am a member of the New Hampshire General Court, not the Indiana General Assembly, so I don't need to go into the details, which is a good thing, because I can't keep them all straight. This topic is complicated enough to have its own Wikipedia article: “Time in Indiana.”

To the best of my knowledge, I am the only person still alive who was present at my birth. According to my late mother, who was usually right about stuff like this, the clock on the delivery wall said I was born around 12:30am on October 4th. But, the official paperwork says I was born around 11:30pm on October 3rd.

The technical and historical details related to time zones and time standards are numerous and fascinating (in my opinion, and my mother's, though maybe not everyone's.) But I don't need to go into all that stuff. Until the invention of the railroad and the telegraph in the mid-1800s, there was no little or no need for standard time. The day was divided into 24 hours, and noon (a.k.a 12pm) was when the sun was at its zenith.

New Hampshire is a little to the east of the midpoint of the Eastern Time Zone, and always has been ever since that time zone was created.

The purpose of this bill, HB 1149, is to eliminate the yearly changeover from Standard to Daylight Time and back again (but only after our neighboring states pass similar legislation.) This changeover is unnecessary and confusing, which is reason enough to stop doing it, but it also has major health implications. It disrupts sleep schedules, and heart attacks, strokes, accidents, and other life-threatening events happen more often after the clocks spring forward in March and fall back in November.

Should we choose year-round standard time or year-round daylight time? My answer is: Standard Time is preferable. “Daylight saving” time is a scam. Or, maybe I should put that more politely: daylight saving time is an illusion. No daylight is saved or created by Daylight Time: workplaces and schools simply open an hour earlier half the year. (More than half the year, actually.) The sun still shines the same number of hours per day either way, which right now right here in New Hampshire in early February is admittedly not very many hours. It is preferable to have that quote-unquote “extra” hour of sunlight before the work day, when people are still waking up and still trying to get moving, then after the work day. Also, for whatever this is worth, if we stick to Standard Time, solar noon here in New Hampshire would be just a few minutes before 12:00 pm, rather than almost an hour later if we had year-round Daylight Time.